



Memorandum

#15-020

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: February 9, 2015

SUBJECT: New Approved Foods Options, Shopping Guides and Shopping for WIC Approved Foods DVD

April 1st will bring many new additions to the food packages. The flyer for WIC participants that included the approved brands of yogurt and pasta was posted in *Memo #15-003, Approved Brands of Yogurt and Pasta*. Please make sure you continue to provide this flyer to participants with April benefits.

A new flyer, *Approved Foods Changes 2015* will be distributed to local agencies in March which will include all of the additions listed below. In the meantime, please mention these new approved foods options to participants.

New food options on April 1st:

Yogurt

WIC participants who receive a food package with yogurt as an option will be able to purchase the approved brands on April 1st (refer to *Memo #14, Yogurt and Whole Wheat Pasta Food Packages for April 1, 2015*). The vendors were informed about yogurt via News Flash (<http://www.dshs.state.tx.us/wichd/vo/pdf/2015-1-15Yogurt.pdf>)

Whole wheat pasta

The description for whole wheat pasta will not appear on the Shopping List until April 6, 2015; however, WIC participants can buy pasta on April 1st (refer to *Memo 14-147 Yogurt and Whole Wheat Pasta Food Packages for April 1, 2015*). The vendors were informed about whole wheat pasta via News Flash (<http://www.dshs.state.tx.us/wichd/vo/pdf/20141215WholeWheatPasta.pdf>)

Organic baby food fruits and vegetables

Just as organic fruits and vegetables are allowed for women and children, organic baby food fruits and vegetables will be allowed for infants. WIC participants can buy *any brand* (no pouches). The vendors were informed about organic baby fruits and vegetables via News Flash

(<http://www.dshs.state.tx.us/wichd/vo/pdf/2015-23-1-OrganicBabyFoods>)

Refrigerated whole wheat tortillas

This new option allows participants to choose shelf or refrigerated (ready to cook) whole wheat tortillas. The refrigerated tortillas are least expensive brands and vendors may choose to declare both, shelf and refrigerated whole wheat tortillas. WIC participants will need to look for the *WIC Approved Item* sticker. At this time, the only approved brand is *La Abuela*. The vendors will be informed via News Flash.

Any fruit or vegetable (fresh or frozen)

In December 2014, the Consolidated and Further Continuing Appropriates Act was enacted containing a Section on the WIC food packages that now precludes the exclusion or restriction of the eligibility of any vegetable (except for those with added sugar, fats or oils). As a result, white potatoes are now approved as part of the cash value benefit. The vendors will be informed via News Flash.

White potatoes will not be specifically mentioned as a change to fruits and vegetables in our WIC materials. The message is that now all fruit and vegetables are allowed (as long as they do not have sugar, fats or oils or is not an herb or spice).

Unavailable end of March:

Quarts of milk

Participants will not be able to use their Texas WIC card to buy quarts of milk from **March 27-31, the last 5 days of March**. Participants will be allowed to buy quarts of milk or 32 oz. containers of yogurt starting on April 1st. The vendors were informed via News Flash

(<http://www.dshs.state.tx.us/wichd/vo/pdf/2015-1-16QtsOfMilkNoButtermilk.pdf>)

The following approved foods materials will be updated to reflect these new options and distributed to each local agency in March 2015:

- *Approved Foods Changes 2015* (flyer)
- *The Smart Choices Healthy Families, Shopping for WIC Approved Foods* (DV0530).
- *Shopping Guide* brochure and poster will be updated with the following changes:
 - Adding “organic is allowed” under baby fruits and vegetables

- Adding “Look for: Refrigerated or shelf” under whole wheat tortillas
- Removing verbiage that says no potatoes

Trainings on WIC Approved Foods will be provided on February 10th, 9:00 -10:00 a.m., March 24th, 9:30-10:30 a.m. and April 14th, 4:00-5:00 p.m. If you have any questions or need additional information, contact Liz Bruns at elizabeth.bruns@dshs.state.tx.us or 512-341-4585. If you have any questions about the approved foods, contact Paula Kanter, Clinic Nutrition Specialist, at paula.kanter@dshs.state.tx.us or 512-341-4574.